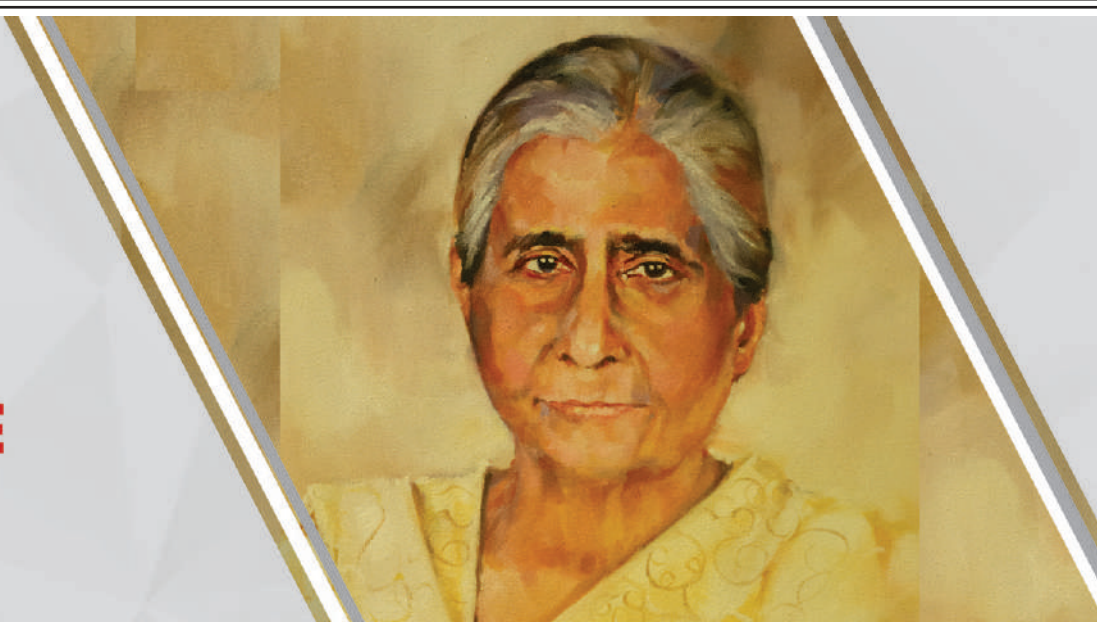


**ZIAUDDIN
UNIVERSITY**



**DR. AIJAZ FATIMA
WOMEN & CHILDREN CENTRE
(AFWCC)**



Messages

Dr Asim Hussain (SI, NI),
Chancellor, Ziauddin University
Chairman, Dr Ziauddin Hospital



ZIAUDDIN University was established to spread knowledge globally and empower Pakistan's youth with international standard education. We have made significant strides in this journey, providing high quality education in over fifty fields and pioneering digitalisation in healthcare. We have brought digitalisation to academia and healthcare as well. Our prominent accomplishments include introducing Pakistan's first virtual reality dental simulators, Anatomage, and the Cyclotron Vault Building, which has elevated the healthcare sector. Our latest step forward, the launch of the Dr Aijaz Fatima Women & Children Centre (AFWCC), fills me with immense pride. This centre outlines a strategic direction focussed on advancing research in women and child healthcare, providing accessible treatment to women and children, and leveraging our research strengths to address high-risk pregnancies. We aim at contributing to advancements in women and child healthcare practices through cutting-edge research in Paediatrics, Nursing and Midwifery to provide subsidised treatment for the underprivileged. Our vision is to excel in advancing women and child healthcare through community-focussed services, innovative medical practices, and cutting-edge research, ultimately enhancing medical knowledge and skills. We are committed to making a positive impact on women's and children's health and wellbeing. ■

Dr Zulfiqar A. Bhutta
Robert Harding Chair in Global Child Health & Policy
SickKids Centre for Global Child Health, Toronto, Canada



IT gives me the greatest pleasure to pen a few words at the inauguration of Dr Aijaz Fatima Women & Children Centre (AFWCC) under the auspices of Ziauddin University. Dr Shereen and I had the pleasure of knowing Dr Aijaz Fatima and her dedication to serving the poor women and families of Karachi, and we firsthand witnessed her enormous contribution to supporting quality health services. Moving to Pakistan in the middle of her medical education from the famous Lady Hardinge Medical College in Delhi, she completed her education from Dow Medical College in 1951 and subsequently trained and served at the Jinnah Postgraduate Medical Centre in Karachi. In memory of her illustrious father, Dr (Sir) Ziauddin Ahmad, one of the founders of the Aligarh movement and a three-term Vice Chancellor of the Aligarh Muslim University, she established the Dr Ziauddin Hospital in North Nazimabad in 1975 and helped oversee its growth to several campuses and an outstanding medical university. Pakistan has some of the worst health and nutrition indicators for women and children in both rural and urban settings, and universities and teaching hospitals bear a huge burden of responsibility for training the human resources needed for the provision of quality services. To contribute to the betterment of child and woman healthcare, I pray for AFWCC's success, and had my dearest departed Shereen been alive, I am sure she would have been at the forefront to offer her assistance and services to the Centre's mission. ■



Dr. Aijaz Fatima
Founder, Dr Ziauddin Hospital
(Dec 31, 1926 - May 27, 2021)

DR Aijaz Fatima was a pioneering figure in the medical community, embodying a relentless commitment to providing quality healthcare to women and children in Pakistan. She played a pivotal role in establishing healthcare facilities and services along with her husband, Dr Tajamul Hussain, starting from a small maternity home and emergency centre in Nazimabad, Karachi. This required a lot of effort, but Dr Aijaz Fatima and Dr Tajamul Hussain remained enthusiastic about their mission

and courageously faced hurdles that came their way. Because of their devotion and commitment, the maternity home and emergency centre evolved into the renowned Ziauddin Group of Companies. Dr Aijaz Fatima's legacy extends beyond her professional achievements. She was committed to her father's vision of empowering women through education and healthcare. Her tireless efforts in providing medical care to women and children, even in the face of challenging circumstances, exemplify her dedication to humanitarian causes. ■

Dr Aijaz Fatima Women & Children Centre (AFWCC)

DR Aijaz Fatima Women & Children Centre (AFWCC) outlines a strategic direction focussed on advancing research with the provision of quality care and accessible treatment to women and children. AFWCC aims to identify priority healthcare issues for optimal health care in the community and at Dr Ziauddin Hospitals, underpinned with the University's research strength for solutions. The cutting-edge research in relevant fields such as Obstetrics, Paediatrics, Nursing, Public Health and Family Medicine with respect to mother and child care will contribute to the advancements in maternal and child healthcare practices. Additionally, the AFWCC is committed to provide treatment to the underprivileged at a low cost, ensuring that healthcare services remain affordable and accessible to all through e-health and telemedicine in the remote areas as well. Advancing healthcare services intertwined with research in the priority areas would definitely

make a difference and promote better outcomes, with an impact for control and policymaking. The additional approaches of Electronic data capture with disease-based registries would generate meaningful data that allows for population based studies to prioritise, understand, and address women and child health challenges in Pakistan.

Vision

AFWCC envisions to cater excellence in advancing women and child healthcare through community-focussed services, innovative medical practices, and cutting-edge research.

Mission

AFWCC aspire to advance clinical practices and enhance medical knowledge intertwined with impactful research for women and child health. Promote quality health care at an affordable cost with the identification of pressing health issues and address chal-

enges in the underserved community with a way forward through electronic health in remote areas.

Objectives

- To excel in women and child health care through optimal clinical and community services at equitable rates.
- To develop Electronic databases/ Registries in order to identify the prevalence and real time problems faced by the community in relevance to women and child care.
- To conduct cutting-edge research for the development of effective diagnostic tools, treatment modalities, and preventive strategies for maternal and child health issues.
- To collaborate with other healthcare providers and community organisations to ensure comprehensive care and support for national and global perspectives.
- To enhance the competencies of Healthcare providers and researchers through professional development and capacity building. ■

Organisation's overview

ZIAUDDIN University and Dr Ziauddin Hospital represent a distinguished institution recognised for its commitment to excellence in both healthcare provision and academic endeavours. The establishment is renowned for its unwavering dedication to delivering outstanding medical services and fostering a conducive environment for educational advancement. Within Dr Ziauddin Hospital, a convergence of state-of-the-art facilities and a cadre of proficient healthcare practitioners enables the delivery of specialised care across a wide spectrum of medical disciplines. Complementing the hospital's pivotal role, Ziauddin University stands as a preeminent centre of learning, renowned for its academic rigour and pioneering research initiatives. Offering a diverse array of undergraduate and postgraduate programmes encompassing medicine, nursing, pharmacy, and allied health sciences, the university nurtures a cadre of students equipped with the requisite knowledge, skills, and ethical framework requisite for impactful contributions to the healthcare sector. Through strategic partnerships and collaborative endeavours with Dr Ziauddin Hospital, students are afforded invaluable opportunities for hands-on clinical exposure and engagement in cutting-edge research endeavours, thereby fostering a culture of innovation, professionalism, and ethical conduct. Collectively, Ziauddin University and Dr Ziauddin Hospital form a dynamic symbiotic entity wherein compassionate patient care harmonises with academic excellence, propelling advancements in healthcare delivery and shaping the future landscape of medicine. ■

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Collaborating partners at Ziauddin University

A multidisciplinary team at Ziauddin University (ZU) consisting of the following departments is participating with the

aim of taking forward the mission of Dr Aijaz Fatima as a tribute to her outstanding services and passion.

Dr Azra Fazal Pechuho
Minister for Health, Government of Sindh



IT is a pleasure to know about the remarkable initiative by Ziauddin University and Dr Ziauddin Hospital to establish AFWCC that holds immense potential to improve women and child healthcare. It is expected that shaping evidence-based medicine will provide optimal care to the underserved, which will generate actionable insights and evidence for targeted interventions and policymaking. This consortium of multidisciplinary teams operating under the umbrella of AFWCC would definitely amplify health care services. The Centre's vision aligns with the national mission, prioritising the health issues of women and children. Advancing healthcare services with an added research perspective would bring about a change that is expected to be reflective in the outcome and performance. Moreover, the commitment to low-cost quality care and the extension of services to far-flung areas through e-health and telemedicine are also highly commendable. The availability of strong infrastructure and clinical team of experts would definitely augment the quality of healthcare services. I am confident that the AFWCC will make a difference and promote affordable, quality healthcare underpinned by rigorous research. ■

Dr Rubina Hussain
MBBS, FCPS, FRCOG and PhD Scholar



TODAY marks a momentous occasion as we inaugurate the Dr Aijaz Fatima Women & Children Centre. She was not only a dedicated doctor but also a compassionate soul whose unwavering resolve was to serve the wellbeing of women and children. Her passion and her mission were healthcare, education and empowerment of women. She had a profound vision for improving education, nursing, and healthcare. Recognising the pivotal role of nurses, she supported them wholeheartedly. Dr Fatima was deeply committed to enhancing their skills, knowledge and professional development. She had an ideal partner in life, and both she and my father worked tirelessly to establish Dr Ziauddin Hospital in 1957 in Karachi. Patient care was their top priority, and they soon established a good reputation. Not only this, but they were also devoted parents who never neglected their role; they were always there for their children, friends and family. ■

Research and Molecular Medicine

THE Research Department is a directorate to form a central hub for all research activities by the faculty of health sciences that participate in the policymaking, governance, oversight, and conduct of research processes across Ziauddin University (ZU). In this regard, there has been a phenomenal upgradation of the multidisciplinary high technology research laboratories. As such, the era of precision medicine and personalised therapy has emerged due to technological advances with insight into the molecular genetic mechanisms of diseases. Rooted in our commitment to excellence in education and research, we are at the forefront of the rapidly evolving field of molecular medicine. Based on genetic and molecular profiling, the research would be focused on personalised treatment approaches for evidence-based solutions. Furthermore, we will provide training to healthcare professionals, researchers, and students and collaborate with other partner departments within the women and children centre, as well as external research institutions and organisations. ■

Public Health

THE College of Public Health awards Masters in Public Health Programme in two streams and is extensively involved in research and primary health intervention advocacy in areas of nutrition, maternal and child health, health policy and systems, governance in healthcare, and community mental health. Our vision states that every mother and child should have access to primary healthcare services, such as safe delivery practices, prenatal care, and evidence-based treatments for sickness prevention and treatment. Under AFWCC, the College of Public Health intends to achieve multiple goals and benefits related to identifying healthcare gaps and planning to address them, training and deploying healthcare professionals, surveillance and monitoring to improve the health outcomes. ■

Obstetrics and Gynaecology

THE Department of Obstetrics and Gynaecology is headed by Prof (Dr) Rubina Hussain who has consistently demonstrated a commitment to advancing women's health. To pay tribute to the unwavering legacy, AFWCC clinics are established at all Dr Ziauddin Hospitals. One of the centre's pivotal endeavours has been the Emergency Obstetrics and Child Care (EMNOC) master training workshops to equip both fourth-year medical students, with essential skills in managing obstetric emergencies. The Centre is currently conducting hands-on workshops in Karachi to train both doctors and paramedics to manage PPH. Future plan is to use telemedicine services for training both primary and secondary healthcare providers. The Centre has established dedicated Lactation Management Clinics at the North Nazimabad and Clifton Centres under AFWCC to encourage breastfeeding and provide support system for mothers experiencing complications. ■

Paediatrics

THE Department of Paediatrics is well reputed for rendering quality clinical and academic services. It aims to advance these services under the umbrella of AFWCC by providing low-cost quality healthcare to the community and emphasise connectivity with remote areas across Sindh through the establishment of telehealth clinics. Through its contribution to AFWCC, the Department of Paediatrics will endeavour to play a pivotal role in conducting research projects to identify and implement interventions addressing major child health issues in the community, such as malnutrition, diarrhoea, pneumonia, and other infectious illnesses. The Department of Paediatrics will collaborate with the eight other disciplines included in the AFWCC to render clinical services, promote health education, and conduct research in the community. ■

Family Medicine

THE department of Family Medicine was established in the year 1995, hence Ziauddin University is one of the pioneers in the field of Family Medicine in Pakistan. With multiple post-graduate training programmes, we produce master trainers who could be leaders in primary care across the globe and with undergraduate teaching, we aspire to inculcate a holistic and cost-effective care approach and produce humane doctors. In the ever-changing landscape of healthcare, we're the steadfast anchors, having familiar faces for the family, family physicians stand as a beacon of support from prenatal care to postpartum support, identifying the nutritional needs to giving mental health support and preventing chronic diseases hence optimising the health outcomes for women and children. Under AFWCC, we promise to provide care, trust, and confidence to women and children. ■

Nursing and Midwifery

FACULTY of Nursing and Midwifery holds the distinction of being the initial academic unit established within Ziauddin University. It was founded in 1986, marking the beginning of academic programmes offered by the university. While empowering individuals through professional education in Nursing and Midwifery. The Department aims to contribute significantly to the

objectives of the AFWCC by delivering evidence-based services, such as antenatal and postnatal clinics, growth monitoring and nutrition services, women and child immunisation programmes, family planning services, and mental health support. The department also aims to improve the health and wellbeing of women and children in the community through research initiatives focussing on emerging health issues in sexual, reproductive, and mental health. ■

Human Nutrition and Dietetics

THE College of Human Nutrition and Dietetics is committed to its mission of establishing internationally comparable education programmes in Human Nutrition and Dietetics, underpinned by rigorous research for evidence-based solutions. With a focus on collaboration with industry to develop nutrition-promoting products and services and engaging stakeholders in projects promoting healthy lifestyles, the college is at the forefront of shaping the future of nutrition science. In the AFWCC initiative, the college will actively apply strategies to enhance the health of women and children by tackling under-nutrition, anaemia, micronutrient deficiencies, and overweight issues, particularly among pregnant and breastfeeding women, while also addressing low birth weight in new-borns. ■

Clinical Psychology

THE College of Clinical Psychology is dedicated to providing education and clinical services with a steadfast commitment to quality and innovation. We strive for excellence in teaching, research, and public service, driven by a passion to positively impact society. Recognising the pressing need to address the mental health challenges faced by women and children, our efforts are directed towards creating a supportive and empowering environment for these groups. We aim to enhance wellbeing and advocate for their rights and needs through various strategic initiatives, partnerships, and research. We develop and deliver specialised training programmes for mental health professionals, tailored to address the specific needs of women and children, equipping professionals with the knowledge and skills necessary to provide effective and compassionate care. ■

Office for Research, Innovation and Commercialisation (ORIC)

THE Office for Research, Innovation and Commercialisation (ORIC) at Ziauddin University plays a crucial role in fostering innovation and excellence within the institution. ORIC collaborates with various departments, including the Clinical Trial Unit (CTU), to advance healthcare solutions and promote well-being for all ages, aligning with Sustainable Development Goal 3 (SDG-3). Within AFWCC, ORIC's primary goal is to lead research initiatives that address critical health challenges faced by women and children in Pakistan. This includes tackling high maternal and child mortality rates, birth complications, malnutrition, and a lack of access to healthcare. ORIC's research priorities for AFWCC include improving maternal health, addressing child nutrition and malnutrition, and combating stunting. Through multidisciplinary collaboration with clinicians and faculties and active community engagement, ORIC ensures that its research addresses the most pressing health issues and promotes overall community wellbeing. ■

Footprints in Sukkur

THE healthcare landscape in Sukkur city will soon be elevated to new heights with the inauguration of the latest campus of Dr Ziauddin Hospital. This grand opening will mark a significant milestone in the hospital's mission to provide exceptional healthcare services to communities across the region. Strategically located in Sukkur, a 200-bed new campus is poised to become a beacon of medical excellence, offering a comprehensive range of specialised services and state-of-the-art facilities. From advanced diagnostic imaging to cutting-edge surgical procedures, Dr Ziauddin Hospital aims to set a new standard in patient care and satisfaction. As the newest addition to its network of facilities, the Sukkur campus is poised to uphold Dr Ziauddin Hospital's legacy of excellence while embracing the unique healthcare needs of the local community. Through collaborative partnerships and a patient-centred approach, the hospital is poised to make a lasting impact on the health and well-being of individuals across Sukkur City and beyond. Initially, the hospital will be providing OPD, Eye, Emergency, Lab & Radiological services but soon it will be operational as a full tertiary hospital, providing services from Cardiac operations to Cancer care. In short, Sukkur residents will not have to struggle out of the city to find solutions to their critical health needs. ■





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